



Vol. 16 No. 5

April - May 2004

Ela Township Senior Services

Sue Neuschel, Director of Adult & Senior Services

Ela Township "55 Plus"

From the Desk of Sue Neuschel

Dear Member:

As I think of Spring, I think of joy and the birth of new life. To me Spring is a time of inner peace. Here are some thoughts about inner peace from the Alexian Brother's Medical Center Newsletter.

Signs and Symptoms of Inner Peace

- A tendency to think and act spontaneously rather than on fears based on past experiences
- An unmistakable ability to enjoy each moment
- A loss of interest in judging other people
- A loss of interest in judging ourselves
- A loss of interest in conflict
- A loss of ability to worry
- Frequent, overwhelming episodes of appreciation
- Contented feelings of connectedness with others and nature
- Frequent attacks of smiling
- An increasing tendency to let things happen rather than make them happen
- An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it

Hope you found these quotes as meaningful as I did.

In Friendship,
Sue Neuschel

TRIPS TRIPS TRIPS TRIPS TRIPS

PLANETARIUM



Planetarium and Geja's Restaurant, Thursday, April 22, 9 a.m. - 3 p.m.

The Adler Planetarium is home to more than 35,000 square feet of exhibits. From scale models of the Solar System, to ancient astronomical instruments, to interactive adventures, the Planetarium's exhibit galleries provide a passageway to explore the Universe. We will enjoy the newest Star Rider Theater Show called, The Future is Wild. The show will feature the newest state of the art technology. We'll be able to imagine the earth millions of years from now. The continents have shifted. Mass extinctions have occurred and new species dominate the planet. These are not fantasies; they are scientists' forecast about the Earth's future-and they're wild! Giant squids that walk on land and fire-breathing birds are just two of the creatures found in this spectacular, fast-paced look at the future life on Planet Earth.



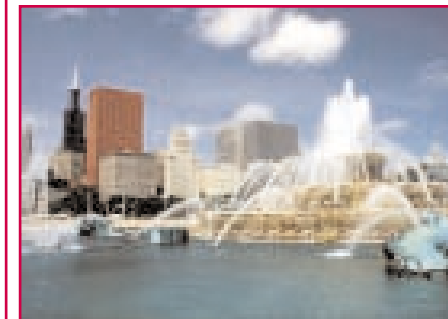
Our meal will be at the famous Geja's fondue restaurant in the city. We will be seated in groups of four.

Our premier dinner includes the Creamy Cheese Fondue served with bread, apples and grapes accompanied by a salad with house dressing. The entrée fon-

Continued on page 2

"ETHNIC SALAD BOWL"

"Ethnic Salad Bowl" Tour, Downtown Chicago, Thursday, May 6, 8:30 a.m. - 4:30 p.m.



The immigrant experience is as relevant today as it was over 100 years ago! Spend a day in the "heart and soul" of Chicago and its unique neighborhoods. Discover

the contributions made by the city's many ethnic groups ... through folk arts, museums, food shops, and houses of worship ... and traditions that enrich us all!

First, we'll taste a freshly baked specialty from an exquisite bakery. Then, we will tour a historic church. Here we will learn the fascinating story of the area, and the history of the congregation's founding and its growth. Enjoy the



beauty of the architecture and design that made this House of Worship a Chicago landmark. Then, on to Jane Adam's Hull House, where we will see a fascinating film about the life of Jane Adams and her revolutionary and compassionate ideas that helped thousands of immigrants gain a "new life" in the "new world." Next, we'll take a driving tour of Chinatown, followed by a visit to an incredible Ukrainian Church

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MISSISSIPPI RIVER 3 DAY TOUR

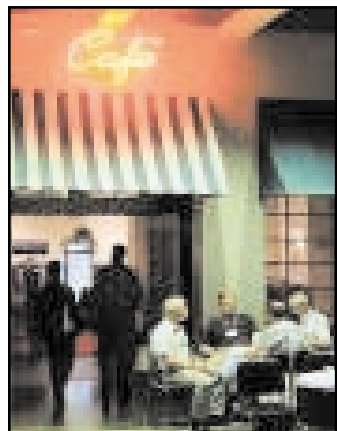


Mississippi Magic Rollin By The River 3 Day Tour (August 17-19, 2004)

Highlights of tour include: "Field of Dreams" movie site, a Victorian House Tour, a 100 mile river cruise on The Celebration Belle, and a visit to Bishop

Hill Colony, a village for Swedish immigrants. If interested, sign up on the flyer insert and mail the check and sign up sheet to American Classic Tours. Please call us at 847-438-9160 to let us know if you are signing up for the tour.

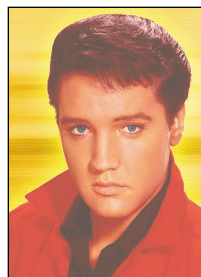
SPECIAL EVENTS SPECIAL EVENTS SPECIAL EVENTS



HERE'S WHAT IS HAPPENING IN OUR DROP IN CAFÉ!!

On Mondays and Tuesdays, we have opened a Drop-in Café at the Ela Township Senior Center. Advance reservation for these meals is not necessary. Members are encouraged to drop in before or after activities to enjoy soup and sandwich on Mondays; and /or Hot Dog Day on Tuesdays.

- Monday, April 5: Bean soup, ham sandwiches, fruit and dessert
 - Monday, April 12: Chicken soup, tuna salad sandwiches, fruit and cake
 - Monday, April 19: Barbecue beef sandwiches, potato salad, fruit and angel food cake with fruit topping
 - Monday, April 26: Chicken spaghetti, rolls, tossed salad, fruit and dessert
 - Monday, May 3: Three salad plate (tuna, chicken, and Italian potato salad), croissants, fruit and pie
 - Monday, May 10: Chili, corn muffins, fruit and ice cream sundaes
 - Monday, May 17: Beef stew, tossed salad, rolls, and lemon pie
 - Monday, May 24: Tuna salad sandwiches, tomato soup, and fruit
 - Monday, May 31 - Closed for Memorial Day
- On Tuesdays, hot dog & fixings, chips, pickles, salads, and special desserts are served.



April Fool's Luncheon and Show, "Elvis is Not Dead", Friday, April 16, Ela Township Senior Center, 11:00 a.m.

Our entertainer Jay Reynolds, an Elvis impersonator, will bring back to life the King of Rock 'n' Roll.

Our menu will consist of Chicken Cordon Bleu, confetti rice, California blend vegetables, garden salad, and brownies. Beverage is included. The cost for this luncheon and show is \$3.75 per member and \$4.50 per guest.

Cuisine Club, Dover Straits, Thursday, May 27, Rt. 83 on U.S. 45, Mundelein, Illinois, 11 a.m.

Dover Straits comes highly recommended and is known for its fresh seafood dining. Our entree choices are: 1. Broiled filet mignon, 2. Lake Superior Whitefish, 3. Shrimp and scallops. All entrée choices include a cup of soup, tossed salad, potato, vegetable, ice cream, coffee or tea, and bread and butter. After lunch, we will enjoy some delightful music. The cost for this sumptuous meal and entertainment is \$14.50 per member and \$17.50 per guest.

Participants are responsible to drive to the restaurant on their own. Detailed directions to the restaurant will be mailed prior to the event.

NEW! "A Clear View of Macular Degeneration", Wednesday, May 26, Ela Area Public Library, 10 a.m.

Learn about the current treatment and diagnostic methods for this common eye disease along with other related eye diseases. Local ophthalmologist Dr. Robert Albrecht will be the presenter for this program and will be available

to answer questions. Library resources for those persons with low vision will be on display as well. This program is jointly sponsored with Ela Area Public Library. You must pre-register at the library.

NEW! Intergenerational P.A.W.S. Program, All Tuesdays & Thursdays in April, Sarah Adams School 3 p.m. - 4 p.m.



If you are looking for a way to help give back to the community through a limited time volunteer effort this program is for you. P. A. W. S.

(Promoting Academics, Work Habits and Socialization) is a tutoring program designed to support students who perform just below the expected standards, yet do not qualify for special services. This program provides strategies and practice in reading fluency and study skills. Community volunteers, middle school students and teachers will provided assistance during the one-hour sessions that are held immediately after school in the Sarah Adams school library. This year, the sessions will run from 3 to 4 p.m. on Tuesdays and Thursdays throughout the month of April. Initial training by the school staff will be provided during the April 6th session.



Sullivan Sings Nat 'King' Cole, Friday, May 21, 11 am - 1 p.m.

Back by popular demand, Dan Sullivan will bring to life the

beautiful tunes of Nat 'King' Cole. He was known as the man with the voice of velvet. Here are some of his favorite songs to be highlighted during this show: "On The Street Where You Live," "Yes Sir, That's My Baby," and "It's Only A Paper Moon."

Our menu will consist of Meatloaf, mashed potatoes and gravy, mixed vegetables, three bean salad, and Musical decorated yellow sheet cake.

The cost of this luncheon and show is \$3.75 per member and \$4.50 per guest.

TRIPS

PLANETARIUM

Continued from page 1

due will be the aged beef tenderloin, jumbo shrimp and tender boneless chicken breast all served with assorted vegetables and dipping sauces. Our dessert will be dark Belgium chocolate fondue, with marshmallows for roasting and assorted fruits for dipping. Coffee and soft drinks will be included.

The cost for deluxe transportation, show, tour, and luncheon is \$38.00 per member and \$43.00 per guest.

"ETHNIC SALAD BOWL"

Continued from page 1

decorated in 24Kt gold, and enhanced with a magnificent chandelier,

Our Oriental luncheon will be served family style at the Three Happiness Restaurant. Our meal will consist of: egg roll, fried rice, sweet & sour chicken, beef with vegetables, white rice, fortune cookie, and tea.

The cost for deluxe transportation, tour, and luncheon is \$38.00 per member and \$43.00 per guest.

EDUCATION EDUCATION EDUCATION EDUCATION EDUCATION

Art Class, Tuesdays, April 6 & 20 and May 4 & 18, Ela Township Senior Center in the Foglia YMCA, 10:30 a.m.

Our very own Diane Joseph Feldman will teach basic principles of drawing and sketching, colored pencils and watercolors. We have a few openings for this special class. There is a \$5 monthly fee.



NEW! Beginning Conversational Spanish, Ela Township Senior Center, Wednesdays, April 21 through May 26, 7-8:30 p.m.

Is international travel on your horizons? Would you like to learn the language of your heritage? Or perhaps you've always wanted to learn a language!

You can participate in a fun, creative language class right here in Lake Zurich! This interactive conversational class, presented by Language Resources, is intended for both adult beginners and for those who only know few words in Spanish.

The dynamic instructor will be utilizing Comfort Zone Learning, a hands-on approach that begins with recognition of words. You'll be responding to commands, and be totally involved in learning the language. There will be no grammar drills. You'll learn to recognize a wide range of useful words and phrases. When you are ready, speaking Spanish will be so much easier! Of course, there's plenty of review in each class to help you remember what you learned the past week. The class is small so all people can participate: minimum 6, maximum 12. This class is open from age 15+ on. The fee is \$120.00 for the six week classes

Life Story Writing, Village Bank & Trust Board Room, 444 N. Rand Road, North Barrington, Wednesdays, April 14 & 28, May 5 & 26, 10 a.m. - 12 Noon

Recalling the past, informing the present and guiding the future, is the theme of our writing your life-

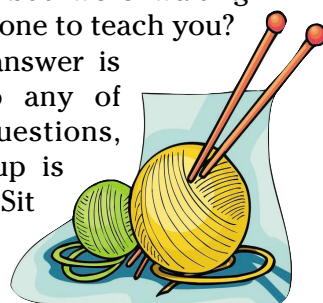


story class. Members have fun writing and sharing anecdotes of their lives while learning how to focus and organize the stories. These writings will be cherished gifts to their families. This ongoing class meets twice a month and may be joined at any time. There is a \$5 monthly fee.

Needleworks & Crafts, Ela Township Senior Center, Friday, April 9 & May 14, 10 a.m.-11:30 a.m.

Do you find you put off mending or hemming? Is your closet filled with half finished hand needlework projects? Have you always wanted to learn some skill, such as needlepoint, cross stitch, hand quilting, but were waiting for someone to teach you?

If your answer is "yes" to any of these questions, this group is for you. Sit back and enjoy the coffee, treats and camaraderie as you work on a project of your own choosing. You must provide your own project materials. Our experienced instructors, Pat Jansen and



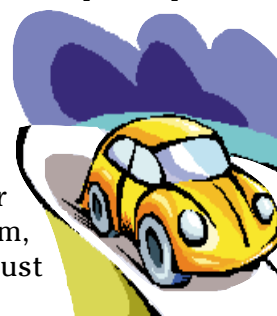
Linda Perkins will be on hand to guide you with your projects. There is no charge for the needlework class, but there is a \$2.50 charge for the craft class. We ask that you pre-register.

Covered hangers will be made during the craft session on April 9th. Do your slacks and blouses fall off their hangers?? If so, join us and learn to create material covered coat hangers which can color coordinate your closet. There will only be a needlework class in May.



Rules of the Road, Ela Township Senior Center, Friday, April 9, 9:30 a.m. - 11:30 a.m.

Randy Ramey will lead a refresher course for driving. Taking this course may allow participants to receive a reduction in their car insurance cost. There is no cost for this program, but you must pre-register.



Senior Book Discussion, Mondays, April 26 & May 24, The Color of Water & Big Stone Gap, Ela Area Library in Meeting Room A., 9:30 a.m. - 11:30 a.m.

You can sign up with Ela Township "55 Plus" or by calling the Library's Readers Services Desk at 1-847-438-3433. Books for this class are reserved at the library for participants. There is no charge for this class, but we ask

that you pre-register.

In April, we will be studying The Color of Water: A Black Man's Tribute to His White Mother.

James McBride grew up one of twelve siblings in the all-black housing projects of Red Hook, Brooklyn, the son of a black minister and a woman who would not admit she was white. The object of McBride's constant embarrassment, and his continuous fear for her safety, his mother was an inspiring figure, who through sheer force of will saw her dozen children through college, and many through graduate school. McBride was an adult before he discovered the truth about his mother: the daughter of a failed itinerant Orthodox rabbi in rural Virginia, she had run away to Harlem, married a black man, and founded an all-black Baptist church in her living room in Red Hook. In this remarkable memoir, she tells in her own words the story of her past. Around her narrative, James McBride has written a powerful portrait of growing up, a meditation on race and identity, and a poignant, beautifully crafted hymn from a son to his mother.

In May, we will be studying the book Big Stone Gap by Fannie Flagg. This funny, charming and original book takes place in the tiny town of Big Stone Gap located in the Blue Ridge Mountains of Virginia. This town is home to the most charming and eccentric, Ave Maria Mulligan, the town's self proclaimed spinster, a thirty five year old pharmacist. She lives an amiable life with good friends and lots of hobbies until the fateful day when she discovers that she is not who she thought she was. Before



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SPORTS SPORTS SPORTS SPORTS SPORTS SPORTS

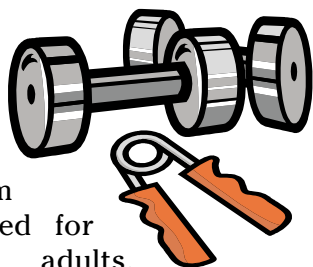
Swinging Seniors Exercise Class, All Tuesdays in April and May, and the first and third Fridays of each month, 9:30 a.m. - 10:15 a.m.

This program is offered in conjunction with the YMCA. Kim Piers, instructor for the Foglia YMCA, leads the class in light stretching and walking exercises to music. This class is held in the Ela Township Senior Center. The monthly fee is \$12.00. Pre-registration is required. There is no refund if a participant is unable to attend all the sessions.

Commit To Be Fit Level I, Foglia YMCA Wellness Center, All Tuesdays and Fridays starting on April 13 through May, 1p.m.-3 p.m.

Commit To Be Fit is a six session orientation and supervised workout on the exercise machines in the Wellness

Center of the Foglia YMCA. This program is geared for mature adults, who may or may not be familiar with fitness equipment and wish motivational coaching. The workout is designed to the



individual's goals and abilities. Commit To Be Fit is held on Tuesdays and Fridays between 1:00 and 3:00 p.m. The fee is \$15 per participant. Members must pre-register. These checks must be made out to the Foglia YMCA and turned in at the front desk of the YMCA.

Commit To Be Fit Level II, Foglia YMCA, Wellness Center, All Tuesdays and Fridays in April and May- 1p.m.-3 p.m.

Members who have successfully completed the first Commit To Be Fit six week training course may continue to use the Fitness Center and machines on Tuesdays and Fridays between 1-3 p.m. There is a \$15 non-refundable monthly fee for this activity. These checks should be made out to the Foglia YMCA and turned in at the front desk at the YMCA.

Hooked on Fishing, Busse Woods, Pizza and salad at Lou Malnati's Restaurant, Friday, April 30, 8:00 a.m. - 2:30 p.m., cost \$10 per person

Hooked on Fishing, The Hollows in Cary, Friday May 14, 8 a.m. - 2:30 p.m., lunch at Culvers with a choice of a 2 piece fried chicken dinner or pork tenderloin sandwich, cost \$10 per person

NEW! The hottest new exercise "Mat Based Pilates," Pilates Studio in the Foglia YMCA, all Mondays in April and May, except May 31, 10 a.m. - 11 a.m.

The class is designed for those who are new to Pilates, or for experienced individuals looking to reinforce their understanding and the practice of basic Pilates principles and movements. This class will enhance your core strength and flexibility. Wear comfortable clothing and bring a towel or small pillow (if possible). The cost is \$10.00 per person for one month. There is no refund if a participant is unable to attend all the sessions.

Open Track, Ela Township Senior Center in the Foglia YMCA, all Wednesdays & Fridays in April and May 9:a.m. - 10 a.m.

Participants are invited to walk the track in the Foglia YMCA gym. Members are asked to sign in at the Senior Center first. There is no fee for this program, thanks to generous support of the Foglia YMCA.



H2O Go Getters Aquatic Class for Ela Township "55 Plus," in the Foglia YMCA's large pool. All Wednesdays in April & May, 11:15 a.m. - 12:15 p.m., FREE



This class is designed to improve your range of motion and ease the pain in hinge, pivot and rotary joints. It will help loosen those stiff and aching muscles and joints. This course will use the Arthritis Foundation techniques.

This class is free, thanks to the generosity of the Foglia YMCA. There is a 25 member limit.

Tai Chi, Ela Township Senior Center, Foglia YMCA, All Thursdays, in April and May, 10 a.m. - 11 a.m.

Tai Chi is a graceful, balance related movement considered to be one of the most important forms of exercise and meditation.

It teaches awareness of body movements and helps discover harmony of mind and spirit. This practice improves circulation and strengthens bone and muscle. Sylvester Marshall is

the Tai Chi instructor. The monthly fee of \$15 must be paid in advance. There is no refund if a participant is unable to attend all the sessions.



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she can blink, Ave's fielding marriage proposals, fighting off greedy family members, organizing a celebration for visiting celebrities, and planning a trip of a lifetime- a trip that could change her view of the world and her own place in it forever. Brimming with humor and wise notions of small-town life, Big Stone Gap is a gem of a book with a giant heart.

Wednesday Senior Club, Ela Township Senior Center, Foglia YMCA, All Wednesdays in April and May, 12 noon - 4 p.m.

The Wednesday Senior Club, under the umbrella of "55 Plus," has a different format than other groups that meet regularly at the Senior Center. The Wednesday Senior Club meets every Wednesday in the Senior Center. Fellowship and games are available at these meetings. Elected Advisory

Council Members select monthly outings and special events. Trips are to local destinations on school buses donated by Lake Zurich and are reasonably priced to members. There are membership requirements and fees. For further information call Jake Reiser, President, at 1-847-540-0307. All members of the Wednesday Senior Club must also be registered as members of the Ela Township "55 Plus."

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Dear Ela Township Residents,

We are always looking for ways to improve our "55 Plus" program and meet new needs. We are hoping the following survey will help address some possible program needs. Please check the appropriate box with your responses, and return this survey to either the Senior Center or Township Administration Office by May 28, 2004.

Thanks.

Sue Neuschel

Ela Township "55 Plus" Survey

1. Would you be interested in some evening classes at the Senior Center? Yes ☐ No ☐

2. If yes, please circle the following interests:

Ballroom Dancing ☐ Tap Dancing ☐ Genealogy ☐

Other interests ☐ Please explain: _____.

3. Currently we are using Maravelas Catering for our Thursday lunch. Would you like to keep using Maravelas and keep the \$2.50 price or upgrade to a different caterer and pay \$5.50 per meal. Please check choice: Maravelas ☐ Different caterer ☐

4. Would you be interested in a separate monthly or bi-monthly men's group that would meet during the day? Yes ☐ No ☐

Time preferred: early morning ☐ late morning ☐ afternoon ☐

Day Preferred: Mon. ☐ Tues. ☐ Wed. ☐ Thurs. ☐ Fri. ☐

5. Would you be interesting in having a Red Hat Club for women that would meet during the day? Yes ☐ No ☐

Time preferred: early morning ☐ late morning ☐ afternoon ☐

Day Preferred: Mon. ☐ Tues. ☐ Wed. ☐ Thurs. ☐ Fri. ☐

6. Would you or someone you know be interested in a Widow's or Widowers' Support Group? Yes ☐ No ☐

7. Would you be interested in helping at the local schools in tutoring elementary students who could use assistance? Yes ☐ No ☐

8. Would you be interested in being part of a calling or visitation program for seniors in the area who are homebound? Yes ☐ No ☐

9. Would you be interested in a long distance trip?

Yes ☐ No ☐

If yes, please check destination choice: Italy ☐ Washington D.C. ☐ New York ☐
Amish ☐ Paris ☐

10. If you have an idea for a new game, event, sports activity, or program, please share your thoughts with us:

If you would be willing to give us your name and phone number, it would be appreciated.

Name: _____ Phone: _____

CHRISTY'S CORNER COLUMN

*By Christy Wagner,
Outreach Coordinator,
Ela Area Library*

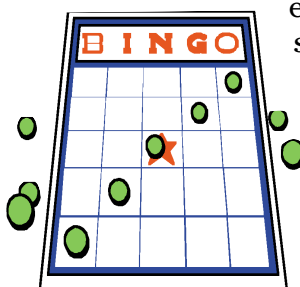
Are you a quilter, a wood carver, enjoy model railroading, or hunting for budget travel tips to a dream location? The library has recently added 20 new titles to our periodical collection and if these subjects don't fit your interests there's bound to be a magazine that will! With over 400 titles, Ela's periodical collection is more extensive than most local news stands. From "Archeology" and "Bead Style" to "Sew News" and "Wine Spectator," the collection is varied. Material can be checked out for a week and there is no limit to how many you check out at a time.

In addition, Ela now has a special collection of publications for the "55 Plus" patron. The following titles can be found in this special section: "Where to Retire" (bi-monthly), "Kiplingers Retirement Report, a monthly newsletter," "Health After 50," a John Hopkins newsletter, "Focus On Healthy Living," a monthly newsletter from Mt. Sinai Medical Center, the "AARP Magazine," and the large print edition of "Reader's Digest." If you have a specific suggestion for our periodicals collection, be sure to drop me a note or give me a call, the library is always open to considering new subscriptions!

GAMES GAMES GAMES GAMES GAMES

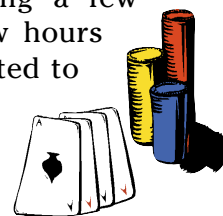
**Lunch Bunch Super Bingo,
Ela Township Senior Center in
the Foglia YMCA, All Thursdays
in April and May**

The Lunch Bunch will host a "Super Bingo" immediately following lunch. Special prizes will be awarded, such as store coupons, treats, and small gifts. A \$1.00 donation for Bingo will be collected.



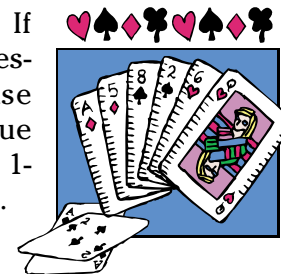
**Poker Group, All Tuesdays in
April and May at Ela Township
Senior Center in the Foglia
YMCA, 10:30 a.m. - 12 noon**

Persons seeking a few laughs and a few hours of poker are invited to join this committed group. A hot dog lunch, \$2.50, will be available at the Center. There is no charge for this group and snacks are provided. If you have questions, please call Nancy Newman or Sue Neuschel at 1-847-438-9160.



**Bridge Group, Ela Township
Senior Center in the Foglia YMCA,
All Tuesdays in April and May,
12 noon - 3 p.m.**

People with different skill levels are encouraged to come to this fun activity. Snacks are provided. There is a \$1.00 fee for this group. Registration is necessary. If you have questions, please call Sue Neuschel at 1-847-438-9160.



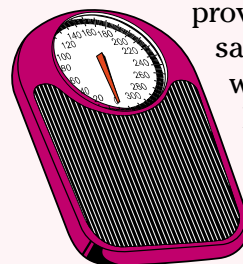
HEALTH HEALTH HEALTH HEALTH HEALTH

**Naprapathy, Ela Township
Senior Center in the Foglia
YMCA, Thursdays, April 29 and
May 20,
10 a.m. - 3:30 p.m.**

Dr. Greg Shopshire from the Safe Waters Health Care Clinic in Lake Zurich will give Naprapathy sessions for members of Ela Township "55 Plus." Naprapathy helps with the joints, ligaments, and promotes circulation. There is no cost for this service but registration is necessary. Drop-ins will be accepted after registrants are taken care of. A \$3.00 donation to Dr. Shropshire for his time would be greatly appreciated.

**Weight Watchers, Ela Township
Senior Center, Foglia YMCA, all
Wednesdays in April and May,
9 a.m. - 10 a.m.**

Weight Watchers has found a home at the Ela Township Senior Center located at the Foglia YMCA. Weigh in begins at 9 a.m. followed by a meeting conducted by Cyndi Smith. Weight Watchers provides a fun and safe atmosphere where you can learn to make changes to become a healthier, thinner new



you. For information, call 1-800-651-6000. The cost per week is \$9.95, which is payable at the door.

**Care Coach, Ela Township
Senior Center, Foglia YMCA,
Lake Zurich, Tuesdays, April
13, & May 11,
10 a.m. - 1 p.m.**

The Care Coach from Lake Forest will screen blood pressure, blood sugar, lung function, and cholesterol, from 10 a.m. to 1 p.m. There is no charge for this service. Patients are taken on a first come, first serve basis.



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**Barbara Rinella Book Review,
"The Lady and the Unicorn", Ela
Township Senior Center, Monday,
May 3rd, 9:30 a.m.-10:30 a.m.**

Tracy Chevalier, the best author of "Girl With A Pearl" has done it again-created a fascinating fiction around a great work of art. Barbara Rinella will make Tracy Chevalier's story of the magnificent medievatapestry The Lady and the Unicorn, made in

Brussels in 1490 and now hanging in the Museum of the Middle Ages in Paris, come to life Woven through this novel are threads of romance, seduction, deception, and intrigue as a picture of late 15th Century life, morals and class distinctions appear. Jean Le Viste, a French nobleman, commissions the 6 great 12 foot tall tapestries to be made so that he can impress Paris with his wealth and taste. He has a sad wife and a beauti-

ful daughter. The handsome artist who creates the design for the tapestries, Nicolas des Innocents, is anything but innocent. He tells a story about a unicorn to charm and titillate the beautiful, noble daughter, Claude. What is her mother to do? How will this story evolve? Who will actually weave the tapestries? Will the weaver have a beautiful daughter too? Ah, the plot thickens.

Ms. Rinella will become two

mothers as she weaves the story of the Lady and the Unicorn. Walk back in time to Medieval days of nobility and servants and ladies-in-waiting, of trades people spinning yarn into artistic masterpieces, and mothers worrying about their daughters who are captivated by a young artist telling an enchanting story of a sweet unicorn. The cost of the book review is \$5.00 per member. You must pre-register.

RESERVATION FORM

Please detach and mail this form along with SEPARATE CHECKS FOR EACH EVENT or ACTIVITY to Ela Township "55 Plus", 99 E. Main Street, Lake Zurich, IL 60047; or bring your reservations to the Senior Center at the Foglia YMCA. If you have any questions, please call us at 847-438-9160. Please sign up for April and May events right away. April events must be paid when you sign up! May events must be paid by April 15th. Because space for events and programs is limited, reservations are accepted on a first come, first served basis.

APRIL 2004 CALENDAR

- ☐ April Fool's Luncheon & "Elvis" show, Friday, April 16 - \$3.75 per member, \$4.50 per guest
- ☐ Art Class, Tues., April 6, & 20 - \$5.00 per month (must pay for whole month)
- ☐ Bridge, All Tues. - \$1.00 donation at door
- ☐ Care Coach, Tues., April 13 - FREE
- ☐ Conversational Spanish, Wed., April 21-May 26-\$120.00
- ☐ Commit To Be Fit I, All Tues & Fri. - SIGN UP & PAY YMCA
- ☐ Commit To Be Fit II, All Tues. & Fri. - SIGN UP & PAY YMCA
- ☐ Hooked on Fishing, Friday, April 30, Busse Woods - \$10.00 per person
- ☐ H2O Go Getters, All Wednesdays - FREE
- ☐ Intergenerational P.A.W.S. program.
- ☐ Life Story Writing, Wed., April 14, 28 - \$ 5.00 per month
- ☐ Lunch Bunch Super Bingo, All Thurs. - \$1.00 donation at door
- ☐ Mat Based Pilates, All Mondays - \$10.00 per member
- ☐ Naprapathy, Thurs., April 29 - \$3.00 donation suggested
- ☐ Needlework & Craft, - \$2.50 per member Fri. - April 9
- ☐ Open Track, All Wed. & Fri. - FREE
- ☐ Plantetarium & Gejas, Thursday, April 22 - \$38 per member, \$43 per guest
- ☐ Poker Group, All Tues. - FREE
- ☐ Rules of the Road, Fri., April 9 - FREE
- ☐ Senior Book Discussion, Apr 26 - FREE, Ela Township Library
- ☐ Swinging Seniors Exercise Class, All Tues. & 1st & 3rd Fri. - \$12.00 per month
- ☐ Tai Chi, All Thurs. - \$15.00 cost per month
- ☐ Wednesday Senior Club, All Weds., Call for information
- ☐ Weight Watchers, All Weds. - \$9.95 per week



MAY 2004 CALENDAR

- ☐ Art Class, Tues., May 4 & 18. \$5.00 cost month (must pay for whole month)
- ☐ Barbara Rinella Book Review, Mon. May 3, \$5.00
- ☐ Bridge Group, All Tuesdays - \$1.00 donation at door
- ☐ Care Coach, Tuesday, May 11 - FREE
- ☐ Commit To Be Fit I, All Tuesdays & Fridays - (Pay YMCA)
- ☐ Commit To Be Fit II, All Tuesdays & Fridays - (Pay YMCA)
- ☐ Conversational Spanish, Wed., April 21-May 26-\$120.00
- ☐ Cuisine Club, Dover Straight, Thur., May 27. \$14.50 Members, 17.50 Guests. Please circle choice: STEAK FISH SHRIMP/SCALLOPS
- ☐ Ethnic Salad Bowl Tour, Thurs., May 6 - \$38.00 per member, \$43.00 per guest
- ☐ H2O Go Getters, All Wednesdays - FREE
- ☐ Hooked On Fishing, May 14, The Hollows - \$10.00 per person, Luncheon & Show
- ☐ Life Story Writing, Wed., May 5 & 26 - \$5.00 per month
- ☐ Lunch Bunch Super Bingo, All Thursdays - \$1.00 donation at door
- ☐ Macular Degeneration, Wed., May 26.
- ☐ Mat-Based Pilate, All Mondays except May 31 - \$10.00 per month
- ☐ Naprapathy, Thurs., May 20 - \$3.00 donation suggested
- ☐ Needleworks, Fri., May 14 - FREE
- ☐ Open Track Walking, All Wednesdays & Fridays - FREE
- ☐ Poker Group, All Tuesdays - FREE
- ☐ Senior Book Discussion, Monday, May 24 - FREE
- ☐ Swinging Seniors Exercise, All Tuesdays, and 1st & 3rd Friday - \$12.00 per month
- ☐ Tai Chi, All Thursdays - \$15.00 cost per month (Must pay for total month)
- ☐ Wednesday Senior Club, All Wednesdays (Call for information)
- ☐ Weight Watchers, All Wednesdays - \$9.95 per meeting



Name _____

Phone _____

Name _____

Phone _____

Ela Township Senior Center

1025 S. Old McHenry Road
Lake Zurich, IL 60047
847-438-9160

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Editor, Sue Neuschel
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**Ela Township Officials**

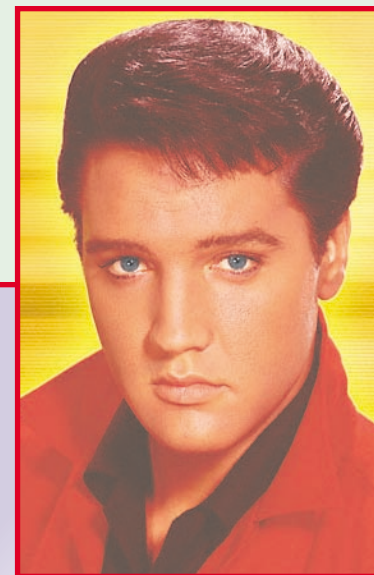
Kimberly Tinerella, Supervisor
Lucy Prouty, Clerk
Pamela J. Hoffman, Assessor
William Kruckenberg, Hwy. Commissioner

Trustees

Brian Burch David Knudtson
Mimi Black Michael P. Sullivan

LOOK INSIDE FOR THESE NEW PROGRAMS

- *Trip:* Planetarium and Geja's Restaurant
- *Trip:* "Ethnic Salad Bowl" Tour
- *Trip:* Mississippi Magic Rollin By The River 3 Day Tour
- *Events:* "A Clear View of Macular Degeneration"
- *Events:* Intergenerational P.A.W.S. Program
- *Events:* April Fool's Luncheon "Elvis is Not Dead"
- *Events:* Sullivan Sings Nat "King" Cole - Dan Sullivan Luncheon
- *Education:* Beginning Conversational Spanish

**"Elvis is Not Dead"**

**April Fool's Luncheon
and Show, Friday April 16,
Ela Township Senior Center,
11:00 a.m.**

ECRWSS
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Mundelein, IL 60060

Ela Township "55 Plus"
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Lake Zurich, IL 60047

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